

<u>Exploratory</u>	<u>Core</u>	<u>Advanced</u>
<p>6.2.1 Describe the effect of nutrients on health, appearance, job performance, and personal/family life.</p> <p>6.2.2 Examine the relationship of nutrition and wellness to individual and family health, including the extended family from the very young to the elderly.</p> <p>6.2.3 Describe food and diet fads, eating habits, and eating disorders on wellness.</p> <p>6.2.4 Evaluate sources of food and nutrition information that contributes to wellness.</p> <p>6.3.1 Apply various dietary guidelines in developing food plans to meet nutrition and wellness needs.</p> <p>6.3.2 Select, store, prepare, and serve nutritious and aesthetically pleasing foods that meet health and wellness needs based on available resources.</p> <p>6.4.1 Identify conditions and practices that promote safe food handling.</p>	<p>6.1.1 Examine the psychological, cultural, and social influences related to food choices.</p> <p>6.2.1 Analyze the effect of nutrients on health, appearance, job performance, and personal/family life.</p> <p>6.2.2 Examine the relationship of nutrition and wellness to individual and family health, throughout the life span.</p> <p>6.2.3 Judge the impact of food and diet fads, eating habits, and eating disorders on wellness.</p> <p>6.2.4 Evaluate sources of food and nutrition information that contributes to wellness.</p> <p>6.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.</p> <p>6.3.4 Select, store, prepare, and serve nutritious and aesthetically pleasing foods that meet health and wellness needs of family members based on available resources.</p> <p>6.4.1 Determine conditions and practices that promote safe food handling.</p> <p>6.4.4 Describe federal, state, and local inspection and labeling systems that protect the health of individuals and the public.</p> <p>6.5.1 Assess current technology to locate food and nutrition information.</p> <p>6.5.4 Determine the impact of technological advances on selection, preparation, and home storage of food.</p>	<p>6.1.1 Examine the psychological, cultural, and social influences related to food choices.</p> <p>6.1.2 Explore the societal, governmental, socio-economic, and technological influences related to food choices and practices.</p> <p>6.1.3 Examine the impact of food choices on the global community.</p> <p>6.1.4 Examine legislation and regulations related to nutrition and wellness issues.</p> <p>6.2.1 Analyze the effect of nutrients on health, appearance, job performance, and personal/family life.</p> <p>6.2.2 Examine the relationship of nutrition and wellness to individual and family health, throughout the life span.</p> <p>6.2.3 Assess the impact of food and diet fads, eating habits, and eating disorders on wellness.</p> <p>6.2.4 Evaluate sources of food and nutrition information that contributes to wellness.</p> <p>6.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.</p> <p>6.3.2 Select, store, prepare, and serve nutritious and aesthetically pleasing foods that meet health and wellness needs of family members based on available resources.</p> <p>6.4.1 Determine conditions and practices that promote safe food handling.</p> <p>6.4.2 Analyze safety and sanitation practices throughout the food chain.</p> <p>6.4.3 Determine how changes in national and international food production and distribution systems impact the food supply.</p> <p>6.4.4 Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public.</p> <p>6.4.5 Review current issues about food safety and sanitation.</p> <p>6.5.1 Assess current technology to locate food and nutrition information.</p> <p>6.5.2 Determine how scientific and technical advancements impact the nutrient content, availability, and safety of foods.</p> <p>6.5.3 Assess how the scientific and technical advancements in food processing, storage, product development, and distribution impact the nutrition and wellness of individuals and families.</p> <p>6.5.4 Determine the impact of technological advances on the selection, preparation, and home storage of food.</p>

